

Aldridge Running Club - Clubnight Routes

August 2017

Date	Distance	Route	Leader	Middle	Back Marker	Meeting Point
01/08/2017	1 - 3 Miles	Hobs Hole Three Mile Loops				On the grass outside the club
	4 Miles	Canal 4				On road outside club gates
	6 Miles	Forge Lane 6				On road outside club gates
	9 Mile	Steady 9 Mile Group	Will be announced if arranged			On road outside club gates
	2 Miles	Walking Group	Claire Heaven			In the Club House
08/08/2017	1 - 3 Miles	Hobs Hole Three Mile Loops				On the grass outside the club
	4 Mile	Mill Lane 4				In the carpark
	6 Mile	Little Aston 6				In the carpark
	9 Miles	Steady 9 Mile Group	Will be announced if arranged			In the Club House
	2 Miles	Walking Group	Claire Heaven			In the Club House
	N/A	Effort Sessions	Les Reeves			In the Club House
15/08/2017	1 - 3 Miles	Hobs Hole Three Mile Loops				On the grass outside the club
	4 Miles	<b>5th Handicap Race</b>				On the Road outside the club
	2 Miles	Walking Group	Claire Heaven			In the Club House
22/08/2017	1 - 3 Miles	Hobs Hole Three Mile Loops				On the grass outside the club
	4 Miles	Mill Lane 4				In the carpark
	6 Miles	Little Aston 6				On road outside club gates
	9 Mile	Steady 9 Mile Group	Will be announced if arranged			In the Club House
	2 Miles	Walking Group	Claire Heaven			In the Club House
	N/A	Effort Sessions	Les Reeves			In the Club House
29/08/2017	1 - 3 Miles	3 Mile Loops				On the grass outside the club
	4 Miles	Chester Road 4				In the carpark
	6 Miles	Canal 6				On road outside club gates
	9 Mile	Steady 9 Mile Group	Will be announced if arranged			In the Club House
	2 Miles	Walking Group	Claire Heaven			In the Club House